

## **PHYSICAL CONDITIONING: PHED 106A**

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Office Hours: By appointment • Office: PED 108

### **ONLINE CLASS – SPRING SEMESTER 2021**

This class will be 100% online but live workouts & lectures will be conducted through Zoom.  
Some equipment will be suggested but will not be necessary to take the class.  
Assignments/Tests will be done through Blackboard.

#### **COURSE DESCRIPTION:**

This class is an introductory level physical conditioning course with the emphasis on improving cardiorespiratory endurance, muscular strength and endurance, body composition, and flexibility. Students will be exposed to practical application of both anatomy and exercise physiology.

#### **COURSE OBJECTIVES:**

1. Evaluate the 5 health related components of physical fitness: cardiorespiratory endurance, muscle strength, muscle endurance, body composition, and flexibility.
2. Demonstrate basic anatomy, exercise physiology, and wellness principles.
3. Apply nutrition and exercise habits as a lifestyle.
4. Assess and improve own physical fitness level.
5. Develop an individual fitness program using 'S.M.A.R.T.' goals.
6. Develop a variety of training principles used to improve overall physical fitness.

#### **PHYSICAL EDUCATION PROGRAM OBJECTIVES:**

**Students will understand the importance of sound health and fitness principles as they relate to better health and will be able to:**

- Define the various health components of fitness.
- Recognize the physical and mental benefits of increased activity.
- Understand anatomy, basic bio mechanical principles and terminology.

**Students will be exposed to a variety of activities providing them the opportunity to:**

- Empower themselves by setting and working toward realistic individual goals.

- Apply learned fundamental skills.
- Utilize physical activity as a tool to manage stress.

**Students will demonstrate proficiency through knowledge and acquired skills enabling them to:**

- Understand and utilize various training methods.
- Assess individual levels of fitness components.

**REQUIRED TEXTBOOK:**

Class reader available on Blackboard under Content.

**BLACKBOARD: <http://blackboard.usc.edu>**

We will use resources and information posted on Blackboard™ including lecture reviews.

**EQUIPMENT:**

Some equipment will be suggested but will not required to take this online class.

**INJURIES:**

Please notify me of any injuries, illness or medical conditions- including pregnancy- prior to starting the practice. This is confidential and necessary to avoid complications and to help adapt the practice to your specific needs as best we can.

**PARTICIPATION/ATTENDANCE:**

Consistent attendance and active participation is a minimum requirement for completing a performance class and is a large determinant and component of your final grade.

**Evaluation Criteria:**

Cognitive: 50%      S.M.A.R.T. Goals – 5%  
                                  Muscle Quiz – 5%  
                                  Midterm – 15%  
                                  Final Exam – 25%

Psychomotor: 50%      Fitness Pre-Test 10%  
                                  Fitness Post-Test 10%  
                                  Participation – 30% - Attend, arrive on time, and participate in individual routine for entire class period.

**MAKE-UPS WILL NOT BE GIVEN FOR ANY OF THE COGNITIVE OR PSYCHOMOTOR COMPONENTS**

**GRADING SCALE**

94% - 100% = A	73% - 76% = C
90% - 93% = A-	70% - 72% = C-
87% - 89% = B+	67% - 69% = D+
83% - 86% = B	63% - 66% = D
80% - 82% = B-	60% - 62% = D-
77% - 79% = C+	0% - 59% = F

## USC PHYSICAL CONDITIONING – SPRING 2021 COURSE OUTLINE\*

Week 1	Course Introduction/Health- and Skill-Related Components Short Workout <i>Course Reader: Pages 1 to 7</i>	
Week 2	Live Workouts: Cardio Training	Cardiorespiratory Training/ Fitness Program Design/Goals <i>Course Reader: Pages 8 to 11, 33</i>
Week 3	Live Workout/ <b>FITNESS PRETEST</b> (page 33)	S.M.A.R.T. Goals – <i>Course Reader Page 5 &amp; 34</i> Target Heart Rate/Karvonen Method <i>Course Reader: Pages 10-11 / page 33 – Appendix C</i>
Week 4	Live Workouts: Core Training	Strength Training Anatomy <i>Course Reader: Page 38</i> Strength Training and Conditioning <i>Course Reader: Pages 12 to 14</i>
Week 5	Live Workouts: Upper Body/Lower Body Strength Training	<b>**Muscle Quiz**</b> Flexibility Training <i>Course Reader: Pages 15 to 16</i>
Week 6	Live Workouts: Tabata Training	Circuit Training/Body Composition <i>Course Reader: Pages 20-21</i>
Week 7	Live Workouts: Interval Training	Live Workouts: Interval Training
Week 8	Midterm Review	<b>**Midterm Exam**</b>
Week 9	Live Workouts: Speed and Agility Circuits	Nutrition <i>Course Reader: Pages 22-25</i>
Week 10	Live Workouts: Plyometric Training	Weight Management <i>Course Reader: Pages 26-27</i>
Week 11	Live Workouts: General Conditioning	Injury Prevention and Treatment <i>Course Reader: Pages 28-29</i>
Week 12	Live Workouts: Create Your Own	Training Myths and Misconceptions <i>Course Reader: Pages 30-31</i>
Week 13	Live Workouts: Create Your Own	<b>FITNESS POST-TEST</b>
Week 14	Live Workouts: Create Your Own	
Week 15	FINAL EXAM REVIEW	<b>**FINAL EXAM**</b>

\*Please note this is a tentative outline and may be subject to change.  
Any changes will be announced in class and/or via email.

## **ACADEMIC ACCOMMODATIONS:**

USC seeks to maintain an optimal learning environment. General principles of academic honesty include the concept of respect for the intellectual property of others, the exception that individual work will be submitted unless otherwise allowed by an instructor, and the obligations both to protect one's own academic work from misuse by others as well as to avoid using another's work as one's own. All students are expected to understand and abide by these principles. S Campus, the Student Guidebook, ([www.usc.edu/scampus](http://www.usc.edu/scampus) or <http://scampus.usc.edu>) contains the University Student Conduct Code (see University Governance, Section 11.00), while the recommended sanctions are located in Appendix A.

Students requesting academic accommodations based on a disability are required to register with Disability Service and Programs (DSP) each semester. A letter of verification for approved accommodations can be obtained from DSP when adequate documentation is filed. Please be sure the letter is delivered to me as early in the semester as possible. DSP is open Monday-Friday, 8:30 am - 5:00 pm. The office is in the Student Union 301 and the phone number is (213) 740-0776.

## **Statement on Academic Conduct and Support Systems**

### **Academic Conduct:**

Plagiarism – presenting someone else's ideas as your own, either verbatim or recast in your own words – is a serious academic offense with serious consequences. Please familiarize yourself with the discussion of plagiarism in SCampus in Part B, Section 11, "Behavior Violating University Standards" [policy.usc.edu/scampus-part-b](http://policy.usc.edu/scampus-part-b). Other forms of academic dishonesty are equally unacceptable. See additional information in SCampus and university policies on scientific misconduct, <http://policy.usc.edu/scientific-misconduct>.

### **Support Systems:**

Student Counseling Services (SCS) – (213) 740-7711 – 24/7 on call

Free and confidential mental health treatment for students, including short-term psychotherapy, group counseling, stress fitness workshops, and crisis intervention. [engemannshc.usc.edu/counseling](http://engemannshc.usc.edu/counseling)

National Suicide Prevention Lifeline – 1 (800) 273-8255

Provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Relationship and Sexual Violence Prevention Services (RSVP) – (213) 740-4900 – 24/7 on call

Free and confidential therapy services, workshops, and training for situations related to gender-based harm. [engemannshc.usc.edu/rsvp](http://engemannshc.usc.edu/rsvp)

Sexual Assault Resource Center

For more information about how to get help or help a survivor, rights, reporting options, and additional resources, visit the website: [sarc.usc.edu](http://sarc.usc.edu)

Office of Equity and Diversity (OED)/Title IX Compliance – (213) 740-5086 Works with faculty, staff, visitors, applicants, and students around issues of protected class. [equity.usc.edu](http://equity.usc.edu)

Bias Assessment Response and Support

Incidents of bias, hate crimes and microaggressions need to be reported allowing for appropriate investigation and response. [studentaffairs.usc.edu/bias-assessment-response-support](http://studentaffairs.usc.edu/bias-assessment-response-support)

The Office of Disability Services and Programs Provides certification for students with disabilities and helps arrange relevant accommodations. [dsp.usc.edu](http://dsp.usc.edu)

Student Support and Advocacy – (213) 821-4710

Assists students and families in resolving complex issues adversely affecting their success as a student EX: personal, financial, and academic. [studentaffairs.usc.edu/ssa](http://studentaffairs.usc.edu/ssa)

Diversity at USC

Information on events, programs and training, the Diversity Task Force (including representatives for each school), chronology, participation, and various resources for students. [diversity.usc.edu](http://diversity.usc.edu)

USC Emergency Information

Provides safety and other updates, including ways in which instruction will be continued if an officially declared emergency makes travel to campus infeasible. [emergency.usc.edu](http://emergency.usc.edu)

USC Department of Public Safety – UPC: (213) 740-4321 – HSC: (323) 442-1000 – 24-hour emergency or to report a crime.

Provides overall safety to USC community. [dps.usc.edu](http://dps.usc.edu)